

**CANADA'S  
MOST TRUSTED  
GROCERY  
STORE FOR  
LOW PRICES:**



\*Based by Canadian shoppers based on the 2024 BrandSpark® Canadian Trust Study.



**ONLY  
1.99**

**6 OZ CLAMSHELL**

**BLUEBERRIES**

product of Chile or Peru, no. 1 grade  
blevels  
20132443001 EA



**SAVE 68%  
.94**

**3 LB BAG**

**FARMER'S MARKET™ CARROTS or  
YELLOW ONIONS**

product of Ontario, Canada no. 1 grade  
carottes ou oignons jaunes  
20600927001 EA/20611994001 EA

**325 G**

**ASPARAGUS**

product of Peru  
asperges  
20181709001 EA

**ONLY  
2.77**



**SAVE 28%  
2.88**

**2 LB BAG**

**FARMER'S MARKET™  
LEMONS**

product of South Africa  
citrons  
20795315001 EA

**CANADA'S MOST TRUSTED GROCERY STORE FOR LOW PRICES:**



\*Rated by Canadian shoppers based on the 2024 BrandSpark® Canadian Trust Study.

**NOFRILLS**

FLYER PRICES EFFECTIVE THURSDAY, OCTOBER 31 TO WEDNESDAY, NOVEMBER 6, 2024.

**CLUB SIZE**

**SAVE 43%**

**3.97** LB

**LEAN GROUND BEEF**  
fresh  
bœuf haché maigre  
8.75/kg  
30318041 SA

**CLUB SIZE**

**WOW!**

**1.77** LB

**HALAL INCLUDED**  
**CHICKEN LEGS**  
back attached  
cuisses de poulet  
3.90/kg  
30654799 SA

**WHILE QUANTITIES LAST**

**SAVE 27%**

**7.99**

**LOU'S PORK BACK RIBS**  
selected varieties, frozen  
680 g  
côtes de dos de porc  
31330517 SA

**WOW!**

**9.77** LB

**ATLANTIC SALMON FILLET**  
fresh  
filet de saumon de l'Atlantique  
21.54/kg  
30329167 SA

**WHILE QUANTITIES LAST**

**SAVE 20%**

**1.99**

**WONDER BREAD BUNS**  
675 g or 875 g  
selected varieties  
pain ou petits pains  
30276296 SA/30297433 SA

**SAVE UP TO 28%**

**2.50**

**ZIGGY'S FRESH PASTA**  
350/360 g or 454 g  
selected varieties  
pâtes ou salades fraîches  
30209140 SA/31321148 SA

**SAVE 39%**

**1.99**

**LANTIC GRANULATED SUGAR**  
2 kg  
sucre granulé  
30143632 SA

**SAVE 34%**

**6.88**

**PC® ENTRÉES**  
600 g / 1.12 kg  
**SWANSON OVEN EASY MEALS**  
375/392 g or **SWANSON FAMILY SKILLETS**  
1.19 kg  
selected varieties, frozen  
plats cuisinés  
30236324 SA/31329254 SA

**ONLY**

**4.25**

**CRACKER BARREL NATURAL CHEESE SLICES**  
selected varieties  
200-240 g  
tranches de fromage naturel  
31299762 SA

**SAVE UP TO 37%**

**2.99**

**SILK NON-DAIRY REFRIGERATED BEVERAGES**  
selected varieties  
1.74 L/59 L  
boissons végétariennes non lactées  
30232992 SA

**ONLY**

**2.99**

**GENERAL MILLS CEREALS**  
selected varieties  
297-430 g  
céréales  
31304067 SA/31304068 SA

**THROW BACK PRICES**

**Deals from the past on select items. †**

**SAVE 58%**

**1.25**

**MAPLE LEAF FLAKES**  
selected varieties  
156 g  
Recesses  
30298273001 SA

**SAVE UP TO 37%**

**2.49**

**KOOL-AID JAMMERS**  
15x180 mL  
**MINUTE MAID**  
or **NESTLE**  
**ICED TEA**  
selected varieties  
300 mL per can / 64 oz per 12 pack  
30237662 SA/30237663 SA

**SAVE 62%**

**1.50**

**NO NAME BLEACH**  
selected varieties, 2.4 L  
eau de Javel  
31304032 SA

**148 LOADS**

**74 LOADS**

**SAVE UP TO 38%**

**7.97**

**TIDE SIMPLY LIQUID LAUNDRY DETERGENT**  
3.1 L  
**FLEECY FABRIC SOFTENER**  
3.3 L or **DRYER SHEETS**  
200 L  
selected varieties  
détergent ou assouplissant  
ou feuilles pour sècheuse  
31311729 SA/31311728 SA

**SAVE 44%**

**3.33**

**ROYALE FACIAL TISSUE**  
6x72/100 sheets  
mouchoirs  
30164128 SA

**FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.**  
(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)  
Not applicable at 1022 King St. W, Toronto, 42 Hanna Ave., Toronto, 261 Richmond St. W, Toronto, 3091 Appleby Line, Burlington, 332 Wellington Rd., London; please see nofrills.ca for flyers for these stores.

**nofrills.ca**

01 NFO

**NOVEMBER**

**HIT  
OF THE  
MONTH**

**STARTS FRIDAY NOVEMBER 1<sup>ST</sup>**



**PC® Kettle Cooked Potato Chips**

Selected varieties, 200 g  
Limit: 6, over limit retail \$2.50



**Granarolo Quattrocento Parmesan Style Wedge, 200 g or Piller's Kolbassa 250-375 g**

Selected varieties  
Limit: 6, over limit retail \$6.00



**Hershey's Chocolate Pouches**

Selected varieties, 180-230 g



**D'Italiano Gusto! Bagels**

Selected varieties, 6's  
Limit: 6, over limit retail \$4.49

**LOWEST PRICES  
BEST DEALS**

As compared to other major grocery retailers within your local trade areas. \*Must be a registered PC Optimum™ member to get this offer. Valid from November 1st - 30th, 2024.

**OCTOBER**

**HIT  
OF THE  
MONTH**



**\$1<sup>77</sup>**

**Jolly Ranchers or Twizzlers 170-198g,  
or Dare Real Fruit candy 180g**

selected varieties

Limit: 6, over limit retail \$2.00

20078139\_EA/21391610\_EA



**No Name flour,  
selected varieties, 2.5kg**

20013256\_EA



**\$2**

**Dom Smoked Steelhead Salmon,  
50g, Frozen**

Limit: 6, over limit retail \$3.29

20792840\_EA

**LOWEST PRICES  
BEST DEALS**

As compared to other major grocery retailers within your local trade areas. \*Must be a registered PC Optimum™ member to get this offer. Valid from October 1st - 31st, 2024.

# FRESH AT LOW PRICES

6 OZ  
CLAMSHELL

**PINEAPPLE**  
product of Costa Rica or  
**RASPBERRIES**  
product of U.S.A. or  
Mexico, no. 1 grade  
ananas ou framboises  
20160992001 SA/20128918001 EA

**2<sup>99</sup>**



4 LB BAG

**FARMER'S MARKET<sup>SM</sup> MANDARINS**  
product of South Africa or Chile  
mandarines  
20054023001 SA

**6<sup>99</sup>**



**1<sup>99</sup>**  
LB/EA

**BROCCOLI CROWNS** each, product of Canada, U.S.A. or Mexico,  
**BUNCH SPINACH** each, product of U.S.A. or Mexico or  
**TOMATOES ON THE VINE**  
4.29/kg, product of Canada, U.S.A. or Mexico  
couronnes de brocoli ou épinards en botte ou tomates  
21121540001 SA/20162640001 EA



10 LB BAG

**FARMER'S MARKET<sup>SM</sup> RED ONIONS**  
product of Ontario, Canada no. 1 grade  
oignons rouges  
20171965001 EA



**5<sup>99</sup>**



If your produce isn't fresh,  
we'll replace AND refund it.\*



**2<sup>99</sup>**

**FARMER'S MARKET<sup>SM</sup> MINI CUCUMBERS**  
product of Canada, Canada no. 1 grade  
or **ROMAINE HEARTS**  
product of U.S.A.  
mini concombres ou cœurs de romaine  
2012719001 SA/20082754001 EA



**3<sup>99</sup>**  
LB

**GREEN or RED SEEDLESS GRAPES**  
product of U.S.A., no. 1 grade  
raisins verts ou rouges sans pépins  
8.80/kg  
2042572001 SA/2123499001 SA



**3<sup>99</sup>**

454 G

**PC<sup>SM</sup> WHOLE CREMINI or WHITE MUSHROOMS**  
product of Canada  
champignons cremini  
ou blancs entiers  
20141371 EA



**.99**

**FUYU PERSIMMONS**  
product of U.S.A. or  
**KIWI** product of New Zealand  
each  
kaki ou kiwi  
20129419001 SA/2013032001 EA



**1<sup>29</sup>**  
LB

**SWEET POTATOES**  
product of Ontario  
patates douces  
2.84/kg  
2012719001 SA



**1<sup>49</sup>**

**ENGLISH CUCUMBERS**  
product of Ontario,  
Canada no. 1 grade  
each  
concombres anglais  
2007012001 EA



**1<sup>29</sup>**

**RED MANGOES**  
product of Brazil  
each  
mangues rouges  
2002942001 EA



**3<sup>99</sup>**

**PC<sup>SM</sup>, BLUE MENU<sup>SM</sup> or WONDERFUL PISTACHIOS**  
selected varieties,  
product of U.S.A.,  
200-225 g  
pistaches  
20440212 EA/20044014 EA



**3<sup>99</sup>**

PKG OF 5 OR 6

**AVOCADOS**  
product of Mexico  
avocats  
20142222001 EA



**3<sup>99</sup>**

**FARMER'S MARKET<sup>SM</sup> SWEET PEPPERS**  
product of Mexico  
pimientos  
2012719001 EA



**3<sup>99</sup>**

**MINI SEEDLESS WATERMELON**  
product of U.S.A.,  
each  
mini melon d'eau sans pépins  
2016227001 EA



**4<sup>99</sup>**

**FARMER'S MARKET<sup>SM</sup> AMBROSIA or MCINTOSH APPLES**  
product of Ontario,  
Canada honey grade  
pommes  
2120712001 SA/2012219001 EA



**5<sup>99</sup>**

**FARMER'S MARKET<sup>SM</sup> GRAPE TOMATOES**  
Product of U.S.A. or Canada  
or **PC<sup>SM</sup> VARIETY PACK TOMATOES**  
product of Canada or Mexico  
tomates  
2004020001 SA/2004020001 EA

\* Fresh Guarantee: Applicable to eligible fresh produce items purchased at No Frills store locations or online at nofrills.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original receipt within 7 days of purchase at the No Frills store where purchase originated. The guarantee does not apply to produce items with a stated "best before" date (e.g. bagged salad kit, packaged bean sprouts) and may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.

# FRESH AT LOW PRICES



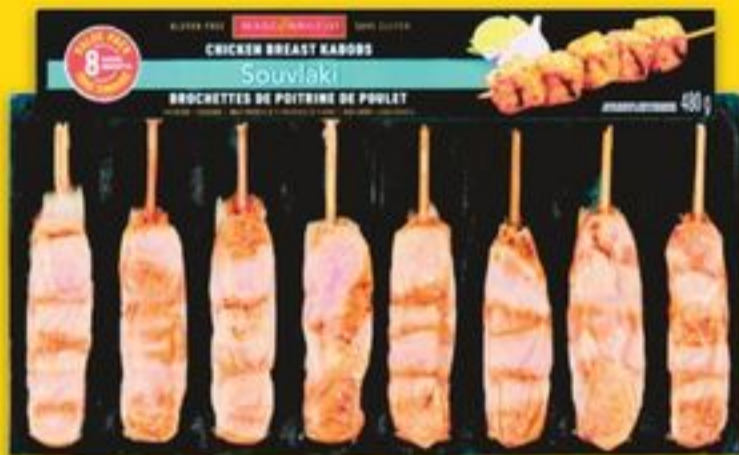
**\$13**

**MAPLE LEAF PRIME CHICKEN**  
assorted varieties  
up to 880 g  
poulet  
3089087 EA



**9.99**  
LB

**BONELESS BEEF STEW**  
cubes de bœuf déossé  
22.02/kg  
30357442 EA



**12.99**

**MARCANGELO SOUVLAKI KABOBS**  
selected varieties  
480/640 g  
brochettes  
21041723 EA



**6.99**

**PILLER'S PEPPERETTES or TURKEY BITES**  
selected varieties  
300-500 g  
bûchettes ou bouchettes de saucisson  
21099286 EA/21099291 EA



**1.99**

**MAPLE LODGE FARMS or ZABIHA HALAL CHICKEN WIENERS**  
selected varieties  
450 g  
saucissons fumés de poulet  
20864571 EA/20864572 EA



**2.99**

**GO SHRIMP RAW, or COOKED, or SEAQUEST FLAVOURED ALASKA POLLOCK**  
ready to eat, 227 g  
selected varieties  
crevettes ou goberge  
30748793 EA



**\$10**

**SEAQUEST WILD PINK SALMON FILLETS**  
700 g  
filets de saumon rose  
2102064 EA



**\$6**

**ZIGGY'S SLICED DELI MEAT SUB TRIO**  
300 g  
charcuteries  
21065127 EA



**11.99**

**JANES BONELESS CHICKEN BREAST BITES or FILLETS**  
selected varieties, frozen  
710/720 g  
bouchettes ou filets de poitrine de poulet  
21480342 EA



**11.99**

**MARCANGELO ITALIAN SAUSAGES or MEATBALLS**  
selected varieties  
1 kg  
saucissons italiennes ou boulettes de viande  
2087482 EA

**2.99**

**PC CINNAMON RAISIN BREAD**  
475 g  
pain cannelle et raisins  
2083727 EA



**\$3**

**COUNTRY HARVEST BREAD or BAGELS**  
400 g or  
selected varieties  
pain ou bagels  
21078897 EA/21078842 EA



**4.50**

**FARMER'S MARKET LOAF CAKES**  
selected varieties  
344-390 g  
gâteaux quatre-quarts  
2084385 EA/21043157 EA



**4.49**

**PC GOAT CHEESE LOGS**  
selected varieties  
140 g  
bûchettes de chèvre  
208024 EA



**\$5**

**ZIGGY'S CHEESE SLICES**  
selected varieties  
140/180 g  
tranches de fromage  
210628 EA



**7.99**

**CASTELLO HAVARTI CHEESE or BALDERSON CHEESE**  
250/280 g  
selected varieties  
fromage  
2106442 EA/2106447 EA



**7.99**

**ZIGGY'S FETA CHEESE**  
selected varieties  
400 g  
feta  
208092 EA



no name®



.99

**NO NAME® TUNA**  
selected varieties  
85/170 g  
flon  
20321647 EA



**NO NAME® LASAGNA**  
frozen  
1 kg  
lasagne  
20634824 EA

6.79



3.50

**NO NAME® PIZZA**  
selected varieties, frozen  
350-411 g  
pizza  
21341641 EA



700 G

**NO NAME® CHEESE**  
selected varieties  
fromage  
20925772 EA

7.99



**NO NAME® PEANUT BUTTER**  
selected varieties  
1 kg  
beurre d'arachide  
2029493001 EA/21430543 EA

4.29

**NO NAME® STIRRED YOGURT**  
selected varieties  
12's  
yogourt  
20685574001 EA/20685574002 EA

4.49



1.29

**NO NAME® VEGETABLES**  
selected varieties  
241/299 ml  
légumes  
20302111 EA/20302112 EA

**NO NAME® PEPPERONI, SALAMI or SUMMER SAUSAGE CHUB**  
300 g  
saucisson de pepperoni ou salami ou saucisson d'été  
20015818 EA

PRICE DROP  
\$5



**NO NAME® ROAST AND GROUND COFFEE**  
selected varieties  
925 g  
café torréfié et moulu  
21284118 EA

9.99



1.69

**NO NAME® CHOCOLATE BAR**  
selected varieties  
100 g  
barres de chocolat  
20484720 EA/20484721 EA



2.50

**NO NAME® MARSHMALLOWS**  
selected varieties  
400 g  
bonbons  
2036472001 EA/2036472002 EA



8.49

**NO NAME® CANOLA or VEGETABLE OIL**  
3 L  
huile de canola ou végétale  
20304418 EA/20304419 EA

**NO NAME® FRUIT BEVERAGES**  
selected varieties  
2 L  
boissons aux fruits  
20324206 EA

\$2



\$4

**NO NAME® DISINFECTANT WIPES**  
selected varieties  
75's  
lingettes désinfectantes  
21282771 EA/21282772 EA

6.99



**NO NAME® LAUNDRY DETERGENT 4.43 L, FABRIC SOFTENER 3.5 L or DRYER SHEETS 200's**  
détergent en concentration  
2048472001 EA/2048472002 EA

**APP EXCLUSIVE OFFER\***

\*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer  
\*\*Must be a registered PC Optimum™ member to get this offer

Earn\*  
**200** pts  
for every \$1\* spent on  
any no name® items in  
the bakery department

**20¢**  
value



Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. \*PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details.

**1000s OF  
LOWERED  
PRICES  
EVERY DAY!**



**PRICE DROP**

**1.99**

**PC® LEMONADE**

selected varieties  
1.89 L  
limonade  
20773870001\_EA/21425929\_EA



**PRICE DROP**

**3.49**

**PC® THE DECADENT® CHOCOLATE CHIP COOKIE**

selected varieties  
280/300 g  
biscuits aux brisures de chocolat  
20612257\_EA



**PRICE DROP**

**3.49**

**PC® LEMONADE OR TEA**

selected varieties, refrigerated  
1.54 L  
limonade ou thé  
21430542\_EA/21506771\_EA



# MULTI BUY? TRY SINGLE BUY.



ONE FOR

**179**

**GREEN GIANT  
VEGETABLES**  
selected varieties  
341/398 mL  
légumes  
21021483 SA



**BETTY CROCKER  
POTATOES**  
selected varieties  
141-215 g  
purée de pommes de terre  
21374295 SA

ONE FOR

**199**



**SILK SOY  
BEVERAGES**  
selected varieties  
1.89 L  
boissons  
20134384001 SA

ONE FOR

**299**



**GENERAL MILLS  
CHEERIOS VEGGIE  
BLENDS, CHEX,  
LOADED BITES,  
OATMEAL CRISP AND  
NATURE VALLEY  
GRANOLA CEREAL**  
selected varieties  
300-437 g  
céréales  
21213368 SA/212599148 SA

ONE FOR

**449**

# 1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

INTERNATIONAL DELIGHT COFFEE CREAMERS 946 mL, COLD FOAM 396 g or NEILSON TRUTASTE MILK 2 L selected varieties colorants à café ou mousse froide au lait 30130270 SA/20895480004 SA

PRICE DROP

4.49



PRICE DROP

\$2

UNICO PASSATA 680 mL or BARILLA PASTA 340/410 g selected varieties passata ou pâtes 30446340 SA/21404963 SA



PRICE DROP

4.99

BREYERS CREAMERY STYLE 1.66 L or FUDGSICLE NOVELTIES 12's selected varieties, frozen crème glacée 30344923006 SA/20763171 SA

ST-HUBERT FRESH POT PIES selected varieties 235 g pâtisseries fraîches 11038812 SA

PRICE DROP

\$3



DEL MONTE JUICE BLENDS selected varieties, refrigerated 2.5 L mélange de jus 21427174 SA/21395726 SA

PRICE DROP

5.99



PRICE DROP

6.99

LITTLE NORTHERN BAKEHOUSE BREAD selected varieties 320-567 g pain 21100853 SA/21100857 SA



PRICE DROP

6.99

SEAQUEST® COLOSSAL RAW WHITE SHRIMP 14-20 per lb., 200 g or FROZEN BAY SCALLOPS 400 g crevettes ou pétoncles 21040847 SA/21038227 SA



PRICE DROP

15.99

BEYOND MEAT PLANT BASED BURGERS 678 g burgers à base de plantes 21279994 SA

SPARKLING ICE - MONTELLIER SPARKLING WATER selected varieties 503 mL/1.1 L eau pétillante 208343001 SA/20934304 SA

PRICE DROP

\$1



PRICE DROP

1.99

BAGEL BITES selected varieties, frozen 198 g 20073483001 SA



PRICE DROP

3.99

ORVILLE REDENBACHER MICROWAVE POPCORN 385-492 g or KERNEL JAR 850 g selected varieties maïs à éclater au micro-ondes 20429322002 SA



PRICE DROP

3.99

COCA-COLA - PEPSI SOFT DRINKS selected varieties 4x710 mL boissons gazeuses 20073483001 SA/20073483002 SA



PRICE DROP

4.49

M&M'S - MARS CHOCOLATE POUCHES 135-200 g or BAR MULTIPACK 4's selected varieties chocolats 20773708 SA/21470400 SA



PRICE DROP

4.99

QUAKER BAKING MIX 900 g or OAT FLOUR 700 g mélange à pâtisserie ou farine d'avoine 20073483001 SA



PRICE DROP

\$5

PC® SPARKLING WATER or SOFT DRINKS selected varieties 12x355 mL eau pétillante ou boissons gazeuses 20073483001 SA/20073483002 SA



# 1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

PC® FROZEN FRUIT

selected varieties  
300-600 g  
fruits surgelés

20312227\_EA/21237841\_EA

PRICE DROP

3<sup>99</sup>



GIUSEPPE EASY PIZZI 560-600 g or TRADIZIONALE 385-415 g PIZZA

selected varieties, frozen pizza

31209517\_EA

PRICE DROP

5<sup>99</sup>



BECEL MARGARINE

selected varieties  
637/850 g  
margarine

3029761802\_EA

PRICE DROP

6<sup>99</sup>



PRICE DROP

5<sup>99</sup>

NESCAFÉ GOLD or SWEET & CREAMY INSTANT COFFEE

selected varieties  
90-331 g  
café instantané

31074363\_EA/21363371\_EA



PRICE DROP

\$6



PC® FREE FROM® SLICED DELI MEAT 175 g or ZIGGY'S® CHICKEN or TURKEY STRIPS 150/200 g

selected varieties  
charcuteries tranchées ou lamelles de poulet ou dinde

30482855\_EA/21402178\_EA



PRICE DROP

7<sup>99</sup>

PC® FREE FROM® MINI MEAT PIES

selected varieties, frozen  
500 g  
mini-pâtés à la viande

31545309\_EA



PRICE DROP

1<sup>25</sup>

KD ORIGINAL

300 g  
31349728\_EA



PRICE DROP

2<sup>99</sup>

NATURE VALLEY GRANOLA BARS or MOTT'S BETTY CROCKER FRUIT SNACKS

selected varieties  
120-220 g

barres granola ou collations aux fruits

3021102902\_EA  
3023474921\_EA



PRICE DROP

\$3

DENTYNE, TRIDENT GUM or MENTOS CANDY MULTIPACK or HARIBO CANDY

selected varieties  
175/175 g  
gummies ou bonbons

3021099818\_EA/21219176\_EA



PRICE DROP

3<sup>79</sup>

DEL MONTE FRUIT

selected varieties  
750 mL  
cocktail de fruit

3026218804\_EA



PRICE DROP

3<sup>29</sup>

NO NAME PICKLES

selected varieties  
3 L  
pickles

30266972\_EA



PRICE DROP

7<sup>99</sup>

PC ORGANICS FLOUR

selected varieties  
2.5 kg  
farine biologique

30482212\_EA/20282171\_EA



PRICE DROP

7<sup>99</sup>

GLAD GARBAGE BAGS

selected varieties  
18-32's  
sacs à ordures

3020714891\_EA  
21412966\_EA



PRICE DROP

31<sup>99</sup>

ALPO COOKOUT CLASSICS DRY DOG FOOD

18 kg  
nourriture sèche pour chiens

30212174\_EA

BETTER AS A MEMBER

\* Scan your PC Optimum™ app or swipe your card to get PC Optimum™ Members pricing or points. See back page for details.

Earn\* **3,000** pts

for every \$10\* spent on Cadbury chocolate selected varieties 33-200 g chocolat

20322193001\_EA/20690539\_EA

\$3 value



# 1000s OF LOWERED PRICES EVERY DAY!

**PRICE DROP**

**MCCAIN CAKES** 310 g or  
**NESTLÉ DRUMSTICKS** or  
**NOVELTIES** 4-10's or  
**CONFECTIONARY  
FROZEN DESSERT** 1.5 L  
selected varieties, frozen  
gâteaux ou dessert glacé de confiserie  
30110133003 EA/20204737003 EA

**PRICE DROP**

**5<sup>49</sup>**



**CHEEZ-IT  
CRACKERS**  
selected varieties  
191/200 g  
croquelins  
31214340 EA

**PRICE DROP**

**2<sup>49</sup>**



**PILLSBURY REFRIGERATED  
DOUGH** 318-468 g or  
**LIBERTÉ MÉDITERRANÉE** 4 1/2/500 g,  
**LIBERTÉ CLASSIQUE** 650 g or  
**GREEK 4%, YOGURT**  
selected varieties  
pâte réfrigérée ou yogourt grec  
30318034001 EA/20788663001 EA

**PRICE DROP**

**2<sup>99</sup>**



**PRICE DROP**

**\$4**

**PC<sup>®</sup> TOPPED  
HUMMUS**  
selected varieties  
280 g  
hummus garni  
20811044 EA

**LA GRILLE  
SEASONING  
CLUB HOUSE  
BLENDS** 120-248 g or  
111-181 g  
selected varieties  
assaisonnements ou mélange  
30309777003 EA/30221740001 EA

**PRICE DROP**

**4<sup>99</sup>**



**PRICE DROP**

**\$12**

**SMOKED STEELHEAD  
SALMON** 250 g or  
**SEAQUEST<sup>™</sup> SHRIMP  
RING WITH SAUCE** 454 g  
frozen  
saumon steelhead fumé ou  
couronne de crevettes avec sauce  
30819191 EA/31227800 EA



**PRICE DROP**

**2<sup>99</sup>**

**LIPTON<sup>®</sup> KNORR  
SOUP MIX**  
selected varieties  
113-328 g  
mélange à soupe  
3011063002 EA



**PRICE DROP**

**3<sup>99</sup>**

**RUFFLES  
POTATO CHIPS**  
selected varieties  
180-220 g  
croustilles  
31041032 EA



**PRICE DROP**

**3<sup>99</sup>**

**NESTLÉ CHOCOLATE  
BAR MULTIPACK** 4's or  
**POUCHES** 135-203 g  
selected varieties  
chocolat  
30222002 EA/31204900 EA

**PC<sup>®</sup> NATURAL  
SPRING  
WATER**  
4 L  
eau de source  
naturelle  
21700401 EA

**PRICE DROP**

**1<sup>50</sup>**



**PRICE DROP**

**1<sup>99</sup>**

**PALMOLIVE  
DISHWASHING  
LIQUID**  
selected varieties  
375/528 mL  
détergent liquide à vaisselle  
30041400 EA/21004000 EA



**PRICE DROP**

**5<sup>49</sup>**

**NO NAME<sup>®</sup>  
PAPER TOWELS**  
6-8 rolls  
essuie-tout  
30296010 EA



**PRICE DROP**

**14<sup>49</sup>**

**CHOSEN FOODS  
ORGANIC  
NON GMO PURE  
AVOCADO OIL**  
750 mL  
huile d'avocat pure biologique  
20047191 EA

## BETTER AS A MEMBER

\* Scan your PC Optimum<sup>™</sup> app or swipe your card to get PC Optimum<sup>™</sup> Members pricing or points. See back page for details.

Earn\*

**1,000** pts

for every \$5\* spent on Old Dutch  
Humpty Dumpty snacks 230-290 g or potato chips 235 g or  
Restaurante torilla chips 275/290 g  
selected varieties  
grignolines ou croustilles  
21445100\_EA/21367546\_EA

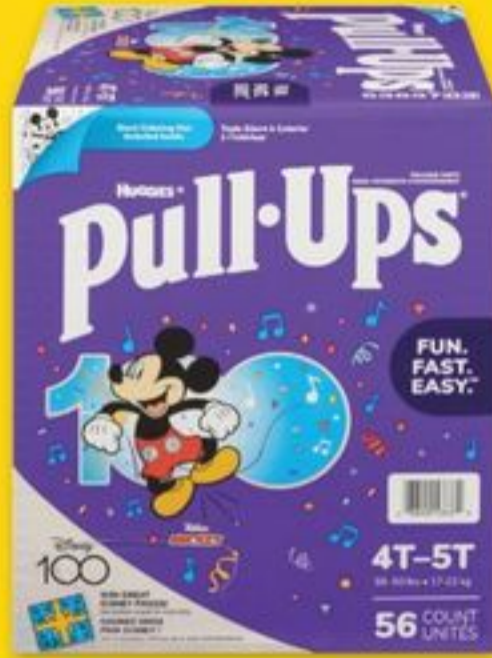
**\$1**  
value



# 1000s OF LOWERED PRICES EVERY DAY!

**PRICE DROP**

**PRICE DROP**  
**26<sup>99</sup>**



**HUGGIES PULL UPS or GOODNITES CLUB PACK TRAINING PANTS**  
selected varieties  
28-74"  
culottes d'entraînement  
30962841 SA/2131199 SA

**PRICE DROP**  
**2<sup>99</sup>**



**HERBAL ESSENCES HAIR CARE**  
selected varieties  
346 mL  
soins capillaires  
31347046 SA/21347099 SA



**PRICE DROP**  
**5<sup>99</sup>**

**TRESEMME HAIR CARE**  
selected varieties  
198-311 g / 168-828 mL  
soins capillaires  
3031530304 SA/21179103 SA

**PRICE DROP**  
**3<sup>49</sup>**

**CREST PRO-HEALTH or COMPLETE TOOTHPASTE**  
selected varieties  
100-130 mL  
dentifrice  
21041430 SA/21354034 SA

**PRICE DROP**  
**4<sup>79</sup>**

**SENSODYNE or PRONAMEL TOOTHPASTE**  
75/100 mL or  
POLIGRIP 40 g  
selected varieties  
dentifrice  
3030117901 SA/20754073 SA

**PRICE DROP**  
**6<sup>49</sup>**

**DOVE MEN+ CARE DEODORANT**  
selected varieties  
76/85 g  
déodorant  
3033348001 SA

**PRICE DROP**  
**1<sup>79</sup>**

**BABY GOURMET ORGANIC FRUIT & VEGETABLE BABY FOOD POUCHES**  
selected varieties  
130 mL  
sachets de fruits et légumes biologiques pour bébé  
30303030 SA/21123030 SA

**PRICE DROP**  
**2<sup>99</sup>**

**GERBER SNACKS ENTRÉES**  
selected varieties, 43-147 g  
collations en plats individuels  
30303030 SA/21123030 SA

**PRICE DROP**  
**3<sup>99</sup>**

**NIVEA WASH BODY WASH 100-ML, DEODORANT ROLL-ON ANTIPERSPIRANT**  
30/30 g  
selected varieties  
savon pour le corps et déodorant à bille en antiperspirant  
30303030 SA/21123030 SA

**PRICE DROP**  
**6<sup>99</sup>**

**VASELINE LOTION**  
selected varieties  
400/400 mL  
lotion  
30303030 SA/21123030 SA

**PRICE DROP**  
**3<sup>99</sup>**

**Q-TIPS**  
500  
coton-tige  
30303030 SA/21123030 SA

**PRICE DROP**  
**4<sup>49</sup>**

**IVORY BAR SOAP 10-102 g or BODY WASH 421 mL**  
selected varieties  
pain de savon ou savonnage pour le corps  
30303030 SA/21123030 SA

**PRICE DROP**  
**4<sup>99</sup>**

**ALWAYS LINERS 36-72% PADS 10-22% or TAMPAX TAMPONS 14-18%**  
selected varieties  
protège-dames ou serviettes hygiéniques  
30303030 SA/21123030 SA

**PRICE DROP**  
**12<sup>99</sup>**

**BOOST HIGH PROTEIN MEAL REPLACEMENT SHAKES**  
selected varieties  
640/37 mL  
boissons de substitution de repas  
30303030 SA/21123030 SA

**PC DISTILLED WATER**  
4 L  
eau distillée  
30303030 SA/21123030 SA

**ALWAYS**  
**1<sup>25</sup>**

**LIFE BRAND MOUTHWASH**  
selected varieties  
1 L  
rinçage-bouche  
21001386 SA/21201406 SA

**ALWAYS**  
**\$4**

# PC® INSIDERS REPORT™ HOLIDAY EDITION

Bringing joy to taste buds and wallets.

**HOT  
PRICE**

**NO PREP  
ALL SAVINGS**

Easy holiday hosting for less? Just pop these frozen faves in the oven and you're good to go.

**\$15**



**PC® HOLIDAY FEAST  
TURKEY PIE**  
frozen, 800 g  
pâte à la dinde  
21613959\_EA



**\$5**

**PC® CHICKEN  
WONTON SOUP**  
frozen  
300 g  
soupe won-ton au poulet  
21565996\_EA



**7.99**

**PC® BLACK LABEL PIZZA**  
selected varieties, frozen  
370-420 g  
pizza  
21615467\_EA



**\$11**

**PC® BREADED SHRIMP**  
selected varieties, frozen  
400/454 g  
crevettes panées  
20080117\_EA/20135874\_EA



**\$14**

**PC® HOLIDAY FEAST  
TURKEY STUFFING  
BURGERS**  
frozen, 568 g  
burgers à la farce de dinde  
21547041\_EA



**14.99**

**PC® MEATBALLS**  
selected varieties, frozen  
907 g  
boulettes de viande  
20503356\_EA/20503311\_EA



**14.99**

**PC® CHICKEN WINGS**  
selected varieties, frozen  
907 g  
ailes de poulet  
20708931\_EA/20708932\_EA



# PC® INSIDERS REPORT™ HOLIDAY EDITION

Bringing joy to taste buds and wallets.



**\$6**



**PC® BRUSSELSLAW SALAD KIT**  
253 g  
salade de choux de Bruxelles  
21626132\_EA

## REFRESHING HOLIDAY PRICES

Holiday food comas are totally a thing. Take a break from heartier meals with fresh eats at low prices.



**349**



**PC® HUMMUS**  
selected varieties  
227 g  
hummus  
20584097\_EA/20584212\_EA



**\$6**

**PC® NAAN DIPPERS**  
400 g  
bouchées de pain Naan  
20999700\_EA



**\$5**

**PC® PARADISE CRUNCH PEPPERS**  
454 g  
poivrons Croc'paradis  
21534092\_EA



**\$5**

**PC® CHOCOLATE CHIP BRIOCHE BREAD**  
400 g  
pain Brioche aux brisures de chocolat  
21607172\_EA



**\$6**

**PC® DOUBLE CREAM BRIE**  
200 g  
brie double crème  
20787327\_EA



**\$15**

**PC® THE ULTIMATE PORK RIB ROAST**  
1.1 kg  
rôti de côtes de porc  
21616767\_EA



PC Optimum™ members can save up to 35% on home and auto insurance\*



GET A QUOTE

\*Conditions apply. Subject to change. For full details see www.pcinsurance.ca.



THE MOBILE SHOP NOW THAT'S REWARDING.

# BLACK FRIDAY

DEALS STRAIGHT TO YOUR INBOX



Bell | ROGERS. | plus | fido

SIGN UP

## THREE NEW WAYS WE'RE KEEPING BUDGETS HAPPY



If your produce isn't fresh, we'll replace AND refund it.



We'll honour a current flyer deal if we're sold out, plus give you 10% back in PC Optimum™ points.



Deals from the past on select items.

The thing to do.

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit www.pcoptimum.ca. We reserve the right to cancel or change the terms of this offer at any time without notice.

†Throwback Prices: Program applies to one item weekly, as advertised in-store/online at nofrills.ca.